

# The Newport Navallog

VOL. 110 NO. 20 MAY 20, 2011

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Greg Kohlweiss/U.S. Navy photo

**WELCOME TO NEWPORT**— Interior Communications Electrician 1st Class Jarod Sciegel, left, secures the aft line of the guided missile frigate USS John L. Hall (FFG 32) as it arrives at Naval Station Newport's Pier 2 last Monday. Besides acting as schoolship for NAVSTA commands, Sailors took on community relations projects this week. The ship will depart Monday.



## Healthy cooking at Commissary

NHCNE, Ney Hall galley and the Newport Commissary unite to demonstrate healthy choices in recipes in an outdoor demonstration.

—Page 2



## Corpsmen win 3rd competition

Team Fore from Naval Health Clinic New England wins the 2011 Corpsman Challenge at Naval Branch Health Clinic in Portsmouth, N.H.

—Pages 8-9



## Navy Nurses in 103rd year

Naval Health Clinic New England nurses mark the 103rd anniversary of Navy Nurse Corps founding.

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Kathy MacKnight/U.S. navy photo

**TASTE-TESTERS** — Newport Commissary staff members who taste-tested salsa with Cindy Millard, center, registered dietitian at Naval Health Clinic New England, are from left, Ada Flynn, produce department; Brian Rouge, merchandiser; Kilisha Reed, produce manager; Robert Henage Commissary director; and Brittany Paiva, store associate in the dairy department.

## NHCNE and galley show how 'Taste Meets Health'

By **KATHY MacKNIGHT**

NHCNE Public Affairs Officer

Those who stopped by the case lot sale tents at the Newport Commissary last week were treated to grilled hamburgers with homemade tomato-mango sala.

On a perfect Newport day outside the Commissary, Culinary Specialist 1st Class Elgardo Agosto from the NAVSTA Ney Hall Galley and Cindy Millard, registered dietitian from Naval Health Clinic New England (NHCNE), were busy handing out samples of tomato-mango salsa while the Commissary staff grilled burgers.

The burgers and mangos were two of the items in the case lot sale.

This was the beginning of a new partnership between the Commissary, the galley and NHCNE, called "Taste Meets Health — Cooking with a Culinary Specialist," to demonstrate healthy choice recipes from the bulk items for sale.

Petty Officer Agosto showed how to cut the mango and remove the fruit from the skin for the salsa. He explained that the recipe is foolproof, and can be spiced up to one's preference.

More of these demonstrations will be scheduled in the months ahead with nutritional information from Mil-



**TEAMWORK** — Cindy Millard and Culinary Specialist 1st Class Elgardo Agosto prepare more salsa.

lard.

**The Tomato-Mango Salsa recipe:**

Yields 2.5 cups

1 mango, cut in small pieces

3 Roma tomatoes, chopped

1/3 cup chopped red onion

1/4 cup minced fresh cilantro

\*1 Jalapeno chili pepper (optional)

2 tablespoons fresh squeezed lime juice.

Carefully peel skin from mango sections attached to seed. Slice flesh from seed. Chop flesh to measure 1 1/2 cups. Combine all ingredients in small bowl; refrigerate 2 hours.

\*Jalapeno peppers can sting and irritate the skin, so wear rubber gloves.

# Area veterans ready Memorial Day events

**Military graves flagged Saturday in observance of Armed Forces Day**

The United Veterans Council of Newport County and Newport American Legion have announced Memorial Day events for Newport on Monday, May 30. The main program will begin at noon outside Newport City Hall.



The guest speaker will be Cmdr. Andrew J. Norris, Coast Guard liaison to the International Law Department, Naval War College, and acting Coast Guard service adviser to the NWC president.

Cmdr. Norris, as a faculty member, provides graduate-level instruction on law of the sea, maritime law enforcement, and rules on the use of force.

As in past years, the Artillery Company of Newport, veterans organizations of Newport County, the Rogers High School Army Junior ROTC, plus clergy, city and legislative officials are expected.

The public is invited to attend the Newport ceremonies as well as others throughout Newport County.

United States Code Title 4-Chapter 1, states on Memorial Day, flags are flown at half staff until noon only, at which point they are raised to full staff.

Containers will be available at the ceremony for the deposit of worn, faded or

unserviceable U. S. flags. These flags will be retired and properly disposed of at an appropriate flag retirement ceremony to be held at a later date.

**In other events:**

— American Legion Post 37 will sponsor a Memorial Day parade and

memorial service at Little Compton Commons. Parade participants will gather at Veterans Field west of the Commons at 9:30 a.m.

The parade will step off at 10 a.m. The route will proceed twice around the Commons and Memorial Service on "Pike's Peak" at approximately 10:30 a.m.

All public and civic organizations are invited to participate.

In the event of rain, it will be held in the Wilbur/McMahon School gymnasium.

—Newport VFW Post will lead a ceremony at 11 a.m. at Storer Park by the causeway to Goat Island, where flowers will be strewn in the water at the quay wall. The observance involves a short program of remarks, prayers and the singing of the hymns, *Nearer My God to Thee* and *God Bless America*.

—In addition, The National Moment of

**MEMORIAL, Page 18**

### To our Navalog readers

To post an announcement in *The Newport Navalog*, submit copy to our offices in Building 690 opposite the Naval Station (NAVSTA) Newport Main Post Office. Phone is 841-4921 and fax is 841-2265.

The email address is [Richard.k.alexander1@navy.mil](mailto:Richard.k.alexander1@navy.mil) for the editor, Richard Alexander.

To place an advertisement in the newspaper, either display or classified, contact [Walsh@newport-mercury.com](mailto:Walsh@newport-mercury.com), or 849-3300, ext. 219, at *The Newport Daily News*.

**Navalog**

**Capt. Joseph P. Voboril**

Commanding Officer, Naval Station Newport

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**The Newport Navalog is printed on recycled paper.**





## NAPS class marches on

The Naval Academy Prep School battalion completes a ceremonial pass-in-review last Thursday on Nimitz Field before graduation Friday in Capt. Kay Hall. Saluting are Vice Adm. Michael Miller, right, Superintendent of the U.S. Naval Academy, and Capt. Jim Cunha, Commanding Officer, NAPS. Other invited guests are at far left.

Greg Kohlweiss/U.S. Navy photo

## The After Lookout



Naval War College Museum Archives photo

President Franklin D. Roosevelt (back seat, right side) accompanied by Secretary of the Navy Frank Knox, toured the Newport naval complex and observed drilling recruits on Dewey Field on Aug. 12, 1940. Here he is seen conducting a review of the Recruit Regiment prior to proceeding to the boat landing for departure. In the vehicle with him are Capt. L. F. Welch, Commanding Officer, Naval Training Station, Newport; and Adm. E. C. Kalbfus, President of the Naval War College and Commander, Naval Operating Base, Newport.

## Enterprise Land Mobile Radio System delayed to June 3, NAVSTA says

Naval Station (NAVSTA) Newport will cease testing the recently installed Enterprise Land Mobile Radio System until June 3 in order to allow neighbors who may be experiencing interference with their garage door openers time to make necessary corrections.

Called Enterprise Land Mobile Radio (ELMR), the system is being fielded at most U.S. military installations and uses radio frequencies between 380-399.9 megahertz, a range long reserved for use by the Department of Defense but underutilized until now.

Some radio-controlled garage door openers operate, on an unlicensed basis, on these same frequencies. Such devices operate legally under Part 15 of Federal Communications Commission (FCC) rules, at very low power, with the requirement that they do not interfere with government communication systems.

Because garage door openers are unlicensed devices, they are not offered any protection from interference by licensed users in the same frequency

**ELMR, Page 18**

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## Bravo zulu

# NAVSTA personnel recognized

Capt. Joseph Voboril, Commanding Officer, Naval Station Newport, presented awards to command personnel last week at Perry Hall Auditorium.

Chief Interior Communications Electrician Ryan Ratts received a Navy Commendation Medal from the guided missile destroyer USS Cole (DDG 67) for his End of Tour award.

Navy Counselor 1st Class Deborah Dasher received a Navy Achievement Medal for her work as treasurer of the Navy-Marine Corps Relief Society Fund Drive this year.

Culinary Specialist 2nd Class Nora Durancampos, Ney Hall galley, received a Joint Service Medal from Supreme Allied Commander Transformation NATO Command for her end of tour award.

Religious Program Specialist 2nd Class Kenneth Calhoun received a Letter of Commendation for being selected Junior Sailor of the



Dasher



Stewart



Calhoun



Durancampos



NC1 Z. Dasher/U.S. Navy photos

Chief Interior Communications Electrician Ryan Ratts receives a Navy Commendation Medal from his previous command, the guided missile destroyer USS Cole (DDG 67), for his End of Tour award. Pinning the award is Capt. Joe Voboril, Commanding Officer, Naval Station Newport.



Greg Kohlweiss/U.S. Navy photo

**BRAVO ZULU** — Capt. Joseph Voboril, Commanding Officer, Naval Station Newport, made a special visit to Officer Training Command Newport suite last Monday to present Chief Navy Counselor (SW) Justin R. McNicol, a Navy and Marine Corps Achievement Medal (Gold Star in lieu of third award) for his superior performance in support of the Naval Station Newport' active duty fund drive for Navy-Marine Corps Relief Society. Chief McNicol coordinated more than 50 tenant activities and raised over \$91,000, making this one of the most successful campaign in recent years.

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## Bravo zulu



**Personnel Specialist Seaman Michael Roseborough, left, receives a Letter of Commendation for an End of Tour award from Capt. Joe Voboril, Commanding Officer, Naval Station Newport, on Monday. Roseborough was attached to Personnel Support Detachment Newport.**

Greg Kohlweiss/U.S. Navy photo



## Civilian of the Quarter

MCCS Mel Weatherspoon/U.S. Navy photo

**Capt. Bernie Dunn Jr., right, Commanding Officer, Center for Service Support, presents Brett Picard with a Civilian of the Quarter award during a ceremony held May 5 at the CSS headquarters in Fitzgerald Hall, Naval Station Newport. Picard, who is a retired Navy senior chief petty officer, is currently serving as a program analyst at CSS.**

## Professor named to head CMSI

**By CMDR. C. McCARTHY**  
NWC Public Affairs Officer

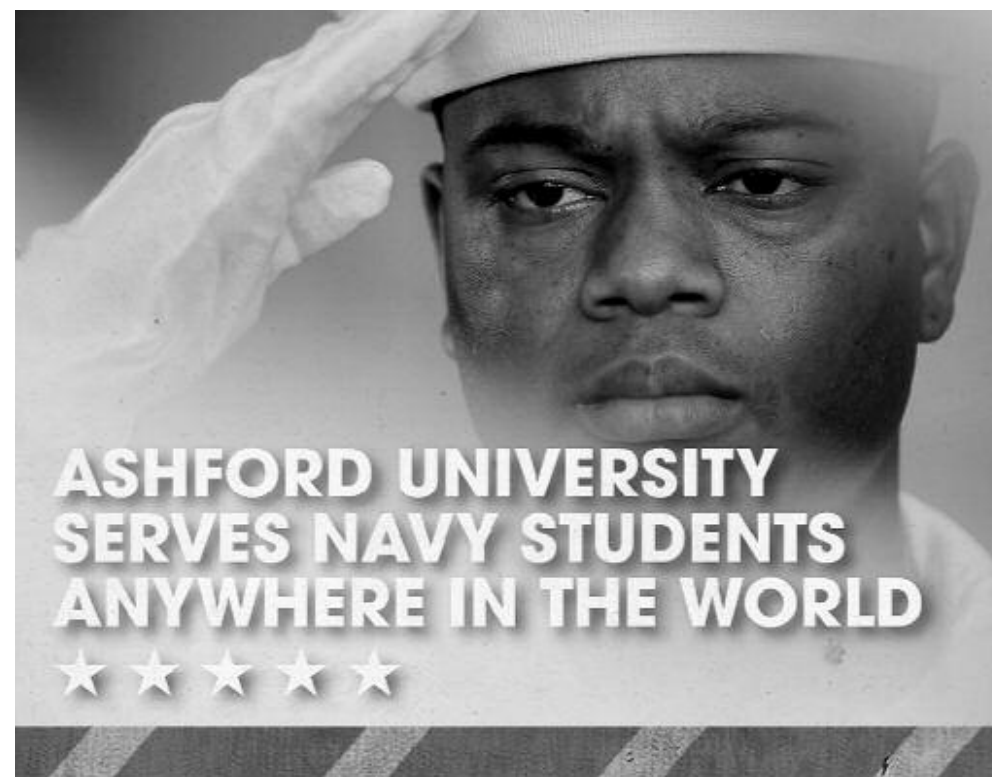
Professor Peter Dutton officially stepped into the position of director for the China Maritime Studies Institute (CMSI) at the Naval War College (NWC) on May 11.

The outgoing director, Professor Lyle Goldstein, led the institute since its establishment in 2006. He turned over leadership of the institute to focus on a number of scholarly projects he looks forward to pursuing and will remain an active member of the CMSI team.

"As founding CMSI director, Professor Goldstein has



**Dutton**



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## Bravo zulu

# Captain tapped for O-7

Department of Defense Public Affairs

WASHINGTON (NNS) — Secretary of Defense Robert M. Gates announced May 11 that President Obama has nominated Navy Capt. Annie B. Andrews for appointment to the rank of rear admiral (lower half).



Andrews

Andrews is currently serving as Strategic Studies Group fellow, Chief of Naval Operations Strategic Studies Group, Naval War College.



Greg Kohlweiss/U.S. Navy photos

**RIGHT:** Patricia Jordan, general manager of the Navy Exchange, and Capt. Joe Voboril, Commanding Officer, Naval Station Newport, cut the ribbon to reopen the NEX Barber Shop last week after extensive renovations. Changes included a complete overhaul of equipment and décor, including privacy stations, a shampoo bowl, a vacuum system and additional lighting and mirrors.

**ABOVE:** Barber Jennifer Jones gives Cmdr. Glenn Bourque, NAVSTA executive officer, a trim around the ears.



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## Announcements

### Motorcycle rider training

All motorcyclists who intend to operate their motorcycles on board NAVSTA Newport this season must complete the Basic or Experienced Riders Course (BRC & ERC).

First time riders without a regular motorcycle endorsement on their driver's license must complete the BRC which is valid for three years, then complete the ERC every three years after that.

The next ERC is June 8 at 7:30 a.m. and the next BRC is June 9 and 10 at 7:30 a.m. Both courses begin at the NAVOSH classroom on the first floor of Building 1, Simon-pietri Drive.

To register, go to [www.navymotorcyclerider.com](http://www.navymotorcyclerider.com) to sign up for all summer classes or call 841-7604 for information.

Additionally, NAVOSH will be hosting the AAA Safety Course on June 1 at 8 a.m. Call for further information.

### Navy-Marine Corps Relief helps Sailors with finances

A Spending Plan Review could be the key to your financial peace of mind. Are you living from payday to payday, having trouble meeting monthly bills, being harassed by creditors, or hoping your paycheck reaches the bank before those checks you just wrote?

Visit the Navy-Marine Corps Relief Society Office where a caseworker can review your financial situation and suggest corrective actions.

Are you about to get married, expecting a baby or about to make a major purchase? NMCRS can also provide invaluable spending plan assistance before you make these major decisions.

The Budget for Baby program is an informative class and at its conclusion, attendees are presented with a layette consisting of terry sleepers, sheets, towels, a hand-made blanket, and more. Let NMCRS help you welcome the newest member of your family with a spending plan review that can disclose the sometimes hidden costs associated with a growing family.

For more information, or to schedule an appointment, contact NMCRS Newport at 841-7342.

### Gate 1 maintenance work

Maintenance work on the hydraulic vehicle barrier at Gate 1 will take place Saturday, May 21. Traffic will be routed through one lane from 7 a.m. until maintenance is completed.

Commanding Officer, Naval Station Newport, advises all visitors to drive carefully through the gate as workmen will be in close proximity to the travel lane.

### ID Card section dedicates specific times for ODS class

From May 31 to June 10, the Naval Station Newport ID Card section in Building 690 will service only Officer Development School students from Officer Training Command Newport between 3 and 4 p.m., with the exception of June 6 when the additional hours of 1 to 4 p.m. will be dedicated to ODS.

In addition, only walk-in hours will be available and pre-arranged appointments accepted on June 6 from 7:30 a.m. to 1 p.m., according to Mark Calhoun at Personnel Support Detachment.



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HMCS Michael Bish/U.S. Navy photos

Newport Team Fore teammates, HM3 Josiah Duhaime, left, and HM2 Cody Jones move through the Low Crawl obstacles with packs. They are being showered with hoses to increase difficulty.

## Team Fore again wins Corpsman Challenge

By **KATHY MacKNIGHT**

NHCNE Public Affairs Officer

PORTSMOUTH, N.H. – For the third straight year, medical personnel from Naval Health Clinic New England in Newport, R.I., won the 2011 Corpsman Challenge competition in some beautiful weather at Portsmouth Naval Shipyard last week.

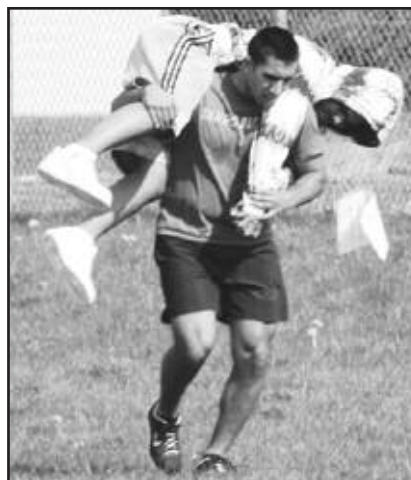
NHCNE Newport's Team Fore was composed of Hospital Corpsman 2nd Class Cody Jones; and Hospital Corpsmen 3rd Class Josiah Duhaime,

Gabriel Jimenez and Guido Van Hemelryck.

One team from each NHCNE site: Naval Branch Health Clinic (NBHC) Groton, Conn.; NBHC, Portsmouth, N.H.; NBHC, Saratoga Springs, N.Y.; and NHCNE Newport competed in the challenge hosted by Naval Branch Health Clinic, Portsmouth, this year. Competition includes an obstacle course and health related questions.

Team Fore completed the obstacle

**CORPSMEN, Page 9**



HM3 Gabriel Jimenez carries a wounded victim in the triage area of the course.

**THIRD TIME AROUND —** Team Fore from Naval Health Clinic New England poses with their trophy and Command Master Chief HMCM Bob Whitten, far right. From left are HM3 Josiah Duhaime, HM3 Gabriel Jimenez, HM2 Cody Jones and HM3 Guido Van Hemelryck.



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## Corpsmen

Continued  
from Page 8

course in 63 minutes and 55 seconds, almost 20 minutes before the fourth place team. But NHCNE and NBHC Groton were tied for points at the end and after three sudden death rounds of additional military and health related questions, Newport took the title.

Commanding officer, NHCNE, offers a hearty BZ to Team Fore.



HM3 Guido Van Hemelryck crawls uphill through a hose shower on the Low Crawl course.

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## Fleet and Family Support Center

# Need money management help?

**EDITOR'S NOTE:** Some of the Fleet and Family Support Center workshops and meetings require registration. Call 841-2283.

Having trouble managing your money and personal finances?

The FFSC workshop, Develop Your Spending Plan, on Tuesday, May 24, from 2 to 4 p.m. may just be the answer.

The class includes setting goals that are SMART (Specific, Measurable, Action-Oriented, Realistic, and Timely); learning to distinguish between net, gross and disposable income; and learning how to complete a financial planning worksheet consisting of calculations of net worth, monthly income, monthly savings and living expenses, indebtedness and debt-to-income ratio.

The class also looks at options to increase income, decrease expenses and decrease indebtedness. Please bring your personal

laptop, with Excel software, so you can work on your spending plan.

**Sexual Assault Prevention and Response (SAPR) Advocate Training** is scheduled May 31 to June 3, 8 a.m. to 4 p.m. The SAPR program is looking for dedicated Sailors and installation personnel, male and female, who are committed to Sexual Assault Prevention and Response.

The Victim Advocate Program provides trained Victim Advocate (VA) volunteers to respond 24/7 and who report to the installation Sexual Assault Response Coordinator (SARC) for all commands; mandates that VAs, military and civilian, participate in a minimum of 20 hours of initial training and at least 15 hours annually thereafter.

Key VA responsibilities include supporting the victim; providing crisis intervention, processing information and referrals; being

available for the installation watch bill at one week intervals; accompanying the victim through case disposition, if the victim chooses; tracking whether monthly status updates are provided to the victim; and offering covered communication for restricted reporting.

Victim Advocates will complete a prescreening process and sign a volunteer agreement.

The NAVSTA Newport Sexual Assault Response Coordinator (SARC) is Gloria Arteaga at (401) 841-4426.

### Leaving military service?

The Transition Assistance Management Program (TAMP) is designed to assist service members leaving the military to prepare for transition to civilian life. It is scheduled for June 6-10, 8 a.m. to 4 p.m., at the Morale, Welfare and Recreation conference room, Building 656.

Information on veterans' benefits, health care options, job-search techniques, disability claims, and much more will be offered. Spouses are encouraged to attend.

**Make the next PCS move smooth** — Ease the stress and frustration associated with the relocation of military families by attending the next Smooth Move workshop at the Fleet and Family Support Center. The workshop is scheduled for Tuesday, June 7, 9:30 to 10:30 a.m. Registration is required.

**Exceptional Family Member Program Point of Contact Training** — The Exceptional Family Member Program POC training will be conducted Wednesday, June 8, 9 to 11 a.m. at the Fleet and Family Support Center Conference Room. The training has been mandated by CNIC that each command on the base have an EFMP POC.

The training will highlight the EFMP history, program purpose and enrollment requirements, categories, procedures and the role of the command EFMP POC in this process. The main goal is to increase awareness and benefits of the Exceptional Family Member Program.

For additional information call Lee Hardgrove, EFMP liaison, at 841-2148.

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Kathy MacKnight/U.S. navy photo

Cutting the 103rd anniversary Navy Nurse Corps cake are, from left, Lt. j.g. Todd Pearson, NHCNE's most junior Nurse Corps officer; Capt. Kim Lyons, Commanding Officer and most senior Nurse Corps officer; and Ensign Matt Lawson, new Nurse Corps officer graduating from Officer Development School, OTCN.

# Navy Nurse Corps marks 103rd

By KATHY MacKNIGHT  
NHCNE Public Affairs officer

Naval Health Clinic New England (NHCNE) had a cake cutting and birthday celebration in honor of the 103rd Navy Nurse Corps birthday on May 13.

The Nurse Corps birthday follows National Nurses Week which runs from May 6-12, and both military and civilian NHCNE nurses were recognized for the vital role they play in the treatment and caring of the ill and injured.

The Navy Nurse Corps was established by an act of Congress on May 13, 1908, when Chief Nurse Esther V. Hasson and 19 other nurses became the Nurse Corps' "Sacred 20," and in reality, the first women in the Navy. In 1947 the Army-Navy Nurses Act established the Nurse Corps as a permanent staff corps of the Navy.

Today in Navy Medicine, the nursing staff is a formidable force of almost 6,000 active and reserve component, and federal civilian registered nurses.

In a letter of congratulations from the Director, Navy Nurse Corps, Rear Adm. Elizabeth Niemyer,

praised the role of Navy nursing "through missions such as Operation Unified Response, Pacific Partnership, and Continuing Promise. And nowhere else is our commitment to the operational forces more evident than in our active engagement in military

operations in southwest Asia. Navy nursing is clearly essential to Navy Medicine's success," she stated.

Also joining in the celebration were the newest Nurse Corps officers (ensigns) who are complet-

**NURSES, Page 18**

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## Navy Occupational Safety and Health

# Workplace safety is joint effort

Do you know someone new on the job?

The average person changes jobs eight times in a lifetime. How many different commands or different jobs have you worked? Do you remember how it feels to be the new kid on the block? How many times have you changed from a cook, a laborer, to a carpenter, to a painter, to a landscaper, and then to a desk job?

Every time you have made one of these changes, you've faced a higher probability of being injured on the job. Studies show that in heavy industries up to 25 percent of injuries, or one in every four workers, will be injured within the first 30 days of starting work. Think of that—the first 30

days!

The majority of you have years of experience, BUT you still fall into this category time and time again.

In fact, every time you change jobs/positions, you play the odds, and fall into the 1 in 4 statistic. That's because new hires are not just green, inexperienced workers. They are also people who are new to their occupation, their job, or a specific work environment.

In your profession, you've learned the "tricks of the trade" that allow you to work safely and efficiently. How



did you learn your trade and the methods that make you a valuable asset to this command? You probably had some formal training, as well as a lot of on-the-job training (OJT)

OJT means you learned your job from practice and from those already experienced in the trade. Now, as you work beside new hires, it is your experience that must be passed on. Remember, it doesn't matter whether this person is a 25-year veteran in the business who is simply new to this command, or if they

are a green trainee who just bought their first set of tools. All of these people are playing the odds.

Take the time to describe the layout of the work area, the best method to access the work, or how to work a tool that they have never used.

More than 90 percent of all injuries are caused by an unsafe act—someone doing things the wrong way. How many of these injuries do you think happened because the worker just didn't know the safe or smartest way to get it done, or didn't want to ask for fear of being ridiculed?

Reduce your chances of becoming an accident statistic by asking questions if you're new. Help someone else avoid being a statistic.

## Job Fairs 2011

Posted by Airman & Family Readiness Center  
Hanscom Air Force Base, Mass. 01731

### MAY 2011

#### Veterans Job Fair

Wednesday, May 25, 2011, 1 to 4 pm  
Northeastern University, Cabot Cage, 360 Huntington Avenue, Boston

### JUNE 2011

#### Boston Hires Job Fair

Tuesday, June 7, 2011, 11 a.m. - 2 p.m.  
Radisson Hotel, 200 Stuart St., Boston  
Information:  
[http://boston.localhires.com/job\\_fairs/view/1787/Boston+Job+Fair+June+7%2C+2011](http://boston.localhires.com/job_fairs/view/1787/Boston+Job+Fair+June+7%2C+2011)

#### DiversityJobFairs.com Job Fair

Thursday, June 9, 2011, 10 a.m. to 3 p.m.  
Westin Copley Place, 10 Huntington Ave., Boston  
Information: <http://www.diversityjobfairs.com/JobSeeker/viewEvent.asp?eid=729>

#### Diversity / Professional Job Fair

Thursday, June 11, 2011, 10 a.m. to 3 p.m.  
Sheraton Boston Hotel, Prudential Center, 39 Dalton St.  
For information:  
<http://www.diversityjobfairs.com/JobSeeker/viewEvent.asp?eid=629>

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## Special events

### Officers' Club readies its deck opening party

All hands are welcome to join the Morale, Welfare and Recreation Dept. as it announces the annual Officers' Club Deck Opening Party on Friday, June 3, starting at 5:30 p.m.

In addition the Summer Concert Series will again feature live music and fresh seafood every Friday night at "Fish Fry-Days."

Kicking the series off will be Navy Band Northeast, playing a variety of hits.

### Community yard sale slated for Carr Point

MIDDLETOWN— Morale, Welfare and Recreation announces the return of Junk in the Trunk, a Community Yard Sale at Carr Point Recreation Area on Saturday, June 4, from 8 a.m. to 2 p.m.

Set-up starts at 7 a.m. and MWR will take care of the advertising. It's only \$10 to rent a space, and sellers can add a table and two chairs for additional \$3.

Sign up and pick your space at ITT office, Building 1255, or call 841-3116.

### Kids Pentathlon returns for Armed Forces Day

The fourth annual America's Kids Pentathlon returns Saturday, May 21, at 1:45 p.m. to the McCool Track at Nimitz Field, Naval Station Newport.

The event is open to children of active duty personnel, retirees, reservists, family members and DoD employees.

Children (ages 5 through 12) may compete in one or all five events: running, soccer shoot-out, obstacle course, throwing challenge and Frisbee toss. Look below for run start times, the remaining events start at 2:45 p.m.

—Ages 5 and 6 will complete a half-mile course starting at 2:30 p.m.

—Ages 7 and 8 will complete a one-mile course starting at 2:25 p.m.

—Ages 9 through 12 will complete a two-mile course starting at 2:20 p.m.

Children who complete all five events will receive a certificate of completion. There will be plenty of healthy refreshments provided by Balfour Beatty Communities, participant photo provided by Operation: Military Kids and a free T-shirt for all children ages 5 through 12, while supplies last.

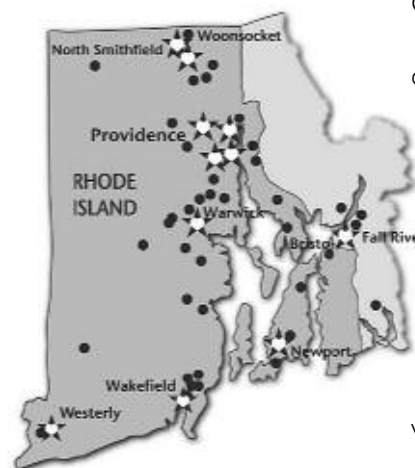
All families will be entered to win an MWR bowling party.

Registration is now open, log on to [www.americaskid-run.org](http://www.americaskid-run.org).

For more details call 841-2883.



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The Navy Exchange barber staff poses with Capt. Joe Voboril, left, Commanding Officer, Naval Station Newport, and Patricia Jordan, right, NEX general manager, after the barber shop staff received the 'It Takes Teamwork' Award last week. Jordan said the personnel displayed effort, teamwork and dedication as they worked together, learned from each other and supported each other to accomplish success.

Greg Kohlweiss/U.S. Navy photo



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## Leisure

### Bowling

(Building 656, 841-4293)

The Seaview Lanes Bowling Center state-of-the-art facility features regular and Xtreme bowling. The center also serves lunch, Monday through Friday beginning at 11 a.m.

Call ahead and have your lunch order ready when you arrive.

#### May specials

**Military Monday**—Active duty military bowl for \$1 per person, per game from 11 a.m. to 5 p.m.

**Take Time Tuesday Early Bird Special**—Bowl for \$1 per person, per game from 11 a.m. to 2 p.m. Xtreme bowling \$3.50 per person, per game from 5 to 8 p.m.

**Warm-up Wednesday**—Bowl one game, get one game free from 11 a.m. to 5 p.m.

There is no open bowling during Wednesday nights due to league bowling. Call ahead to check availability at 841-4293.

**3-2-1 Thursday**—First game is \$3, second game is \$2, third game is \$1 from 11 a.m. to 8 p.m. All game prices are per person and must be bowled at one time to for special pricing.

**\$2 Friday**—Bowl for just \$2 per person, per game from 11 a.m. to 10 p.m.

**Senior Sunday**—Anyone

55 years old and older can bowl for just \$1 per person, per game; valid ID required.

**Armed Forces Day, Saturday, May 21**—All active duty military bowl for just \$1 per person, per game (three game maximum) from 1 to 8 p.m.

**Memorial Day Monday, May 30**—Bowl for \$2 per person, per game from 1 to 8 p.m.

### Special fitness activities

(Gym 109, 841-3154)

• **Body-Wise Therapeutics** announces a **spring special**: Now until June 1, get a bonus 10 minutes of area specific massage added to you first booked massage therapy session. Just mention this ad when you book your appointment. Appointments are available at Gym 109. Call (401)862-9043 today for details and to schedule an appointment.

• **Weight Lifting Essentials on Wednesday, June 8 at 5:30 p.m.** Gym 109 is offering Weight Training Essentials the second Wednesday of the month.

Training session with a certified MWR trainer will cover the following: Safe lifting techniques, proper body alignment, understanding sets and reps,

staying injury free, the keys to designing a program tailored to strength, endurance or toning, when and why a spotter is necessary. For more information, call Pat Mahoney at 841-3154.

### Liberty Center

(Recreation Center Building 656, 841-3054)

Hours of operation are Monday to Thursday, 4 to 8 p.m.; Friday, 4 to 10 p.m.; Saturday, noon to 10 p.m.; and Sunday and holidays, noon to 8 p.m.

The Liberty Center has eight computers and wireless Internet access, so bring your own laptop and log on anywhere in the building. Check out the billiards, foosball and ping-pong tables, three flat screen televisions for Xbox, Xbox 360,

#### May events

Tonight—Billiards Tournament, prizes, 6 p.m.

May 21—Free brownie Day, while supplies last.

May 22—MLB The Show Tournament, prizes, 6 p.m.

May 23—Ping-Pong Tournament with prizes, 6 p.m.

May 24—Wii Sports Tournament, prizes, 6 p.m.

May 25—Madden Tournament, prizes, 6 p.m.

May 26—Guitar Hero Tournament, 6 p.m.

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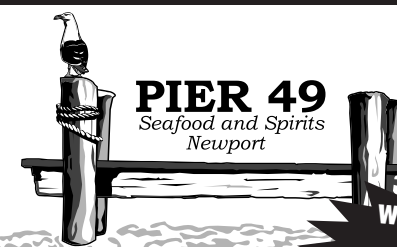
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For more information, call ITT at 841-3116

Wednesday through Friday, 10 a.m. to 6 p.m.

### Walt Disney World military deal tickets at ITT

4 theme parks...4 Days...4 only \$135.50 each. Up to six tickets may be purchased per valid ID card and are available to active duty personnel, retirees and spouses. Tickets must be purchased by September 28 and used by October 1. Blackout dates are April 17 through 23 all parks and July 4 at Magic Kingdom only. Purchase your tickets at the ITT office in building 1255.

The ITT office is open Wednesday through Friday, 10 a.m. to 6 p.m.

For information, call 841-3116.

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### Service car at Auto Skills

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The Auto Skills Center is open Thursday and Friday from 11 a.m. to 7 p.m., Saturday from 9 to 5 p.m., and Sunday from 10 a.m. to 5 p.m. The center is closed from Monday through Wednesday.

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Photo by Michael Mazzeo

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## Sports

### Intramural volleyball

Morale, Welfare and Recreation Department Intramural Volleyball League standings as of May 12 follow:

SWOS.....	9-2
Misfits.....	7-2
NSCS 1.....	7-2
Yo Mamma.....	7-3
Side Action.....	6-3
Dirty Dozen.....	6-5
Blue Falcons.....	5-5
Devil Docs.....	5-6
Wrecking Crew.....	3-7
War Breed.....	2-8
ARMY Strong.....	2-8
MWR Fish Nets.....	1-9

#### Scores as of May 12

Dirty Dozen def. War Breed, 21-16, 21-16

Devil Docs def. Wrecking Crew, 18-21, 21-19 and 15-8

Devil Docs def. ARMY Strong, 22-20, 21-12

Yo Mamma def. ARMY Strong, 21-9, 21-19



Greg O'Shea/MWR photo

From left, Anthony Traveyn, Rob Goldman, Eric Dow and Andrew Logan, a foursome from the Naval Undersea Warfare Center Division, Newport, pose after winning the Morale, Welfare and Recreation Department Golf Tournament at the Newport National Golf Club in Middletown on May 12. The team won golf polo shirts. Prizes were also awarded for longest drive and closest to the pin.

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MC1 Martin Wright/U.S. navy photo

**Gen. Ibrahim Al-Musharrakh, left, UAE Naval Forces and the equivalent of the Chief of Naval Operations, shows Rear Adm. John Christenson, Naval War College president, his class picture in the Naval Staff College Wardroom. Al-Musharrakh visited the War College on Monday, as part of a weeklong trip to the United States as a guest of Chief of Naval Operations Adm. Gary Roughead. Al-Musharrakh's visit included a brief on NWC programs, a meeting with UAE students at the War College, and a campus tour. Capt. Richard Rainer, director of the Naval Staff College, is at rear.**

## Professor

Continued from Page 5

done an outstanding job creating an invaluable resource for the Naval War College, the U.S. Navy and the wider U.S. national security community," said Ambassador (ret.) Mary Ann Peters, NWC's Provost, when she announced the leadership transition in March.

Under Goldstein's guidance, CMSI faculty and associates published

broadly, furthered dialogue with Chinese academic counterparts, engaged with U.S. operational leaders and staffs in the Pacific region, and opened a unique research library featuring an unprecedented collection of Chinese research journals on topics ranging from marine science to regional security to defense policy.

## ELMR

Continued from Page 3

band, and in fact are required by federal law to accept interference from licensed users.

Base commanding officers do not have the authority to modify their ELMR systems because of local complaints, or to offer compensation to unlicensed users affected by the new system.

However, many garage door opener manufacturers offer replacement transmitters and receivers that operate on frequency bands not used by the ELMR system. Affected homeowners should contact their garage door manufacturer or installer for more information.

## Memorial

Continued from Page 2

—The National Moment of Remembrance will be observed nationwide on Monday at 3 p.m. EST.

### Armed Forces Day events:

• **EXETER** — *Echo Taps* will be played Saturday, May 21, at noon at the R.I. Veterans Cemetery in Exeter. Brass players of all ages are needed to perform a cascading version of *Taps* around the World War II Memorial. Musicians must arrive by 11 a.m. to practice and receive assignments/positions. For more info call (401) 782-6133 or [istrum4@cox.net](mailto:istrum4@cox.net).

• **NORTH KINGSTOWN** - The Lafayette Band of North Kingstown will perform its annual Armed Forces appreciation concert at the North Kingstown High School Auditorium on Saturday, May 21, at 7 p.m. The concert is free to attend but

donations are being accepted for the R.I. Disabled American Veterans organization, go to [www.lafayette-band.com](http://www.lafayette-band.com) for more information.

• **PORTSMOUTH** — Portsmouth American Legion does not plan any Memorial Day ceremonies, but will begin flagging military graves Saturday, May 21, said Christine L. Hayward, past commander.

Beginning at 8 a.m. Post 18 will flag graves at St. Mary's Cemetery on East Main Road in Portsmouth, followed by Trinity Cemetery across the street, and lastly the Portsmouth Burial Ground on Turnpike Avenue.

On Sunday at 10 a.m. Post 18 volunteers will assist Newport American Legion and Newport VFW veterans in flagging graves along Van Zandt Avenue and at Braman Cemetery.

## Nurse

Continued from Page 11

ing their training at Officer Development School (ODS).

The NHCNE commanding officer, Capt. Kim Lyons, remarked that they had an exciting career ahead of them, rich with opportunity and job satisfaction. Letters of congratulations were sent by all of the corps chiefs and shared with those at the gathering.

As Senior Chief Hospital Corpsman (FMF) Kim Ripoli, who was representing the NHCNE command chief, so aptly stated, "The

Nurse Corps and the Hospital Corps share a unique synergy whether it is in a green side or blue side assignment, Outside Continental U.S. or Continental

U.S., that is not found in any other segment of the Navy, in that together we perform our responsibilities with the focus of Service Before Self."



World No Tobacco Day on May 31 encourages all tobacco users, both smokers and chewers, to give up the habit for just 24 hours. Can you commit to quit for just a day? Contact Naval Health Clinic New England's Health Promotions if you need help at 841-6774 or for more information.

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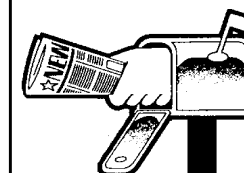
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